

## Female

Overall	Category	Race				Club	Category	Run 1			Bike			Run 2			Overall		
		Number	Forename	Surname				hr	min	s	hr	min	s	hr	min	s	hr	min	s
1	1	12	Amanda	Henry	sudbury joggers	G	20	6		45	29		21	19		1	26	54	
2	2	16	Jayne	Williams	Ipswich Jaffa Running Club	G	20	24		45	18		22	1		1	27	43	
3	1	36	Elspeth	Knott	Harwich Runners	K	22	43		44	25		24	1		1	31	9	
4	1	20	Iorna	garrod	Benfleet Running Club	H	20	50		47	29		22	57		1	31	16	
5	1	8	Sarah	Wightman	Newmarket Cycling & Triathlon Club	F	21	50		46	48		23	24		1	32	2	
6	2	24	Carin	Minnie		H	22	18		46	46		23	55		1	32	59	
7	3	26	Julie	Heath	St Edmunds Pacers	H	21	45		49	13		23	0		1	33	58	
8	4	25	wendy	jones	St Edmund Pacers	H	21	15		51	0		22	52		1	35	7	
9	5	18	Sue	Nel		H	No Split			No Split			24	21		1	36	58	
10	6	23	Amanda	Mallett	Ipswich Triathlon Club	H	23	44		48	49		25	38		1	38	11	
11	7	19	rachel	duncombe		H	22	32		51	18		24	52		1	38	42	
12	1	34	Sarah	Miller	Ipswich Triathlon Club	J	23	58		50	27		24	55		1	39	20	
13	8	27	Julia	Fonnereau	Stortford Tri	H	23	46		51	37		24	57		1	40	20	
14	3	15	fiona	mumford	sudbury joggers	G	No Split			No Split			24	26		1	40	37	
15	1	4	Lenka	Anstead	Sudbury Joggers	E	24	33		49	43		28	28		1	42	44	
16	4	63	Kim	Chatting	Great Bentley	G	23	52		52	20		27	19		1	43	31	
17	9	17	Sarah	Vick	The Saxons	H	22	55		56	12		24	40		1	43	47	
18	10	28	Janice	Brown	East Essex Triathlon Club	H	23	49		54	21		25	45		1	43	55	
19	2	35	Lyn	Foster	Great Bentley	K	24	31		52	24		27	30		1	44	25	
20	5	14	Wendy	Quantrill	Ipswich Triathlon Club	G	27	28		51	19		27	12		1	45	59	
21	2	33	Chloe	Brown	Cambridge Triathlon Club	J	25	54		52	46		28	22		1	47	2	
22	1	31	Linda	Hones	Newmarket Cycling & Triathlon Club	I	25	23		51	51		30	11		1	47	25	
23	6	10	Lisa	Sartoretti		G	26	39		53	24		28	22		1	48	25	
24	7	9	Georgina	Townsend		G	23	54		59	27		26	49		1	50	10	
25	2	37	Sarah	Formosa	Benfleet Running Club	F	No Split			No Split			27	39		1	51	42	
26	3	7	Rose	McCarter		F	26	38		56	35		28	35		1	51	48	
27	8	11	Sarah	Kemp	East Essex Triathlon Club	G	23	39		1	8	19	24	52		1	56	50	
28	11	22	Jan	Perkins	Tri Anglia	H	28	15		58	12		31	19		1	57	46	
29	4	6	Georgina	Partridge		F	27	24		59	47		31	29		1	58	40	

Male						Run 1			Bike			Run 2			Overall			
Overall	Category	Number	Forename	Surname	Club	Category	hr	min	s	hr	min	s	hr	min	s	hr	min	s
1	1	125	scott	cousins		D	16	42		36	20		18	28		1	11	30
2	1	151	jez	cox	team bike and run / avia	F	17	2		36	10		18	48		1	12	0
3	1	60	ben	caisey	stowmarket cycle club	G	17	26		38	23		18	27		1	14	16
4	1	136	Vincent	Coogan	Newmarket Cycling & Triathlon Club	E	18	4		38	6		19	9		1	15	19
5	2	159	Harry	Fowler	Newmarket Cycling & Triathlon Club	F	17	14		40	7		18	48		1	16	9
6	2	137	Gavin	Davies	Ipswich Jaffa Running Club	E	16	33		42	37		18	17		1	17	27
7	1	120	Sam	Pettit	East Essex Triathlon Club	A	17	19		41	47		18	48		1	17	54
8	1	97	Mark	Armitage	Halstead Road Runners	H	17	53		41	27		19	34		1	18	54
9	1	124	Andrew	Rooke	Ipswich Harriers	C	16	41		44	6		18	47		1	19	34
10	2	88	darren	thomas	Witham RC	H	19	6		40	7		20	24		1	19	37
11	3	150	Rob	Siwicki		F	18	25		41	11		20	25		1	20	1
12	1	108	Ray	Robinson	Army Triathlon Association	I	18	54		40	1		21	13		1	20	8
13	1	123	Joe	Giggins	East Essex Tri/Heron CSA	B	19	20		40	42		20	12		1	20	14
14	4	145	PETER	KERRY		F	18	13		42	55		19	6		1	20	14
15	3	95	Graham	Hart	East Essex Triathlon Club	H	19	10		41	28		19	42		1	20	20
16	4	85	jason	ridgeon		H	19	2		41	47		20	51		1	21	40
17	5	96	Jim	Hardwicke		H	19	58		39	37		22	12		1	21	47
18	5	139	neil	catling	Ipswich Triathlon Club	F	19	51		39	56		22	3		1	21	50
19	2	70	Simon	Hance	Ipswich Triathlon Club	G	19	55		39	48		22	11		1	21	54
20	3	68	Phil	Harvey		G	19	54		40	31		21	34		1	21	59
21	1	44	Steve	Peck	Newmarket Cycling & Triathlon Club	J	20	10		40	19		22	21		1	22	50
22	6	83	Matt	Blackman		H	19	15		42	29		21	16		1	23	0
23	6	143	david	cole		F	21	9		39	30		22	29		1	23	8
24	4	61	lee	phillips	saxmundham saxons	G	19	18		43	17		20	44		1	23	19
25	5	62	alan	macpherson		G	19	19		43	11		21	0		1	23	30
26	2	43	Peter	Winfield	Stortford Tri	J	20	52		40	47		22	32		1	24	11
27	7	140	Paul	Rooke	West Suffolk Wheelers	F	20	42		39	45		24	2		1	24	29
28	7	86	Terry	Smith	Harwich Runners	H	19	59		42	46		22	3		1	24	48
29	2	116	Nicholas	Webber	Colchester Rovers CC	I	21	19		40	41		22	51		1	24	51
30	3	131	Chris	Miles	Stowmarket Tri Club	E	20	11		43	55		21	31		1	25	37
31	3	47	Graham	White	Ipswich Triathlon Club	J	20	8		43	35		22	17		1	26	0
32	3	115	Paul	Gammon	East Essex Triathlon Club	I	21	10		42	41		22	56		1	26	47
33	8	91	daniel	foster	Great Bentley	H	19	10		46	2		21	45		1	26	57
34	4	113	john	chisnall	Hadleigh Hares AC	I	21	0		42	51		23	16		1	27	7
35	5	111	Simon	Rudland		I	22	8		42	7		23	21		1	27	36
36	9	76	Richard	Hewitt		H	19	16		47	5		21	38		1	27	59

37	6	104	nicholas	stephens	stowmarket striders	I	19	35	47	56	20	38	1	28	9
38	8	154	Matthew	Pickett	East Essex Triathlon Club	F	20	31	45	53	22	48	1	29	12
39	7	106	Jonathan	Calvert		I	20	58	45	9	23	13	1	29	20
40	2	126	Alex	Edwards		D	19	53	48	25	21	30	1	29	48
41	10	89	Jez	Baxter	East Essex Triathlon Club	H	20	27	46	43	22	47	1	29	57
42	2	121	Joe	Rudland		A	20	28	48	26	21	17	1	30	11
43	3	122	Tom	Elmer		B	20	16	48	43	21	22	1	30	21
44	9	153	sam	wolton	Halstead Road Runners	F	20	12	48	24	21	47	1	30	23
45	8	100	gary	argent		I	No Split		No Split		23	52	1	31	10
46	10	144	Neil	Crapnell		F	22	8	46	24	23	5	1	31	37
47	6	67	Carl	Pearse	Beckenham Running Club	G	22	26	43	47	25	41	1	31	54
48	9	109	Ian	Bowen		I	21	36	46	19	24	12	1	32	7
49	4	45	paul andrew	frindle	Halstead Road Runners	J	No Split		No Split		24	5	1	32	9
50	11	77	Nick	Rush	Hadleigh Hares AC	H	22	20	46	37	23	14	1	32	11
51	7	78	Craig	Neal		G	20	9	49	50	22	40	1	32	39
52	11	147	thomas	livermore		F	22	4	48	20	22	29	1	32	53
53	8	71	TREVOR	FULCHER		G	20	59	48	39	24	10	1	33	48
54	4	138	Martin	Wilson		E	20	32	50	20	22	59	1	33	51
55	12	79	Peter	Allen		H	21	41	47	59	24	41	1	34	21
56	5	130	Nick	Wookey		E	21	41	49	1	24	11	1	34	53
57	5	40	mark	hird	Ipswich Triathlon Club	J	No Split		No Split		24	47	1	35	8
58	13	80	Sean	Lewis		H	22	15	47	52	25	6	1	35	13
59	10	105	trevor	wilkins		I	22	57	47	32	24	52	1	35	21
60	11	101	James	Kane	East Essex Triathlon Club	I	22	19	49	28	23	52	1	35	39
61	12	152	Glyndwr	Thomas		F	24	25	45	43	25	41	1	35	49
62	6	46	john	markham	Halstead Road Runners	J	23	13	48	25	24	14	1	35	52
63	12	103	barry	lammin	East Essex Triathlon Club	I	24	15	44	50	26	53	1	35	58
64	7	41	Andrew	Budd		J	21	30	52	37	23	33	1	37	40
65	13	114	Paul	Tovell	53-12	I	23	29	48	50	25	26	1	37	45
66	9	72	Gary	Jay		G	23	42	47	30	26	44	1	37	56
67	14	75	Stu	Levene		H	24	35	48	2	25	36	1	38	13
68	8	42	alan	johnson	Unattached	J	22	34	50	10	25	35	1	38	19
69	13	157	Matt	Taylor	Serpentine Running Club	F	24	5	48	48	25	55	1	38	48
70	15	90	Jon	Millburn	Stowmarket Tri Club	H	24	25	47	50	28	4	1	40	19
71	14	146	David	Marsh		F	21	22	55	22	24	34	1	41	18
72	15	156	Robin	Harper		F	22	40	52	19	26	50	1	41	49
73	16	74	Steve	Williams		H	24	16	49	16	28	23	1	41	55
74	16	161	john	moody	Ipswich Triathlon Club	F	24	26	51	7	26	58	1	42	31

75	17	142	Marc	Elliott	JPMorgan Chase	F	24	2	55	28	23	54	1	43	24	
76	6	134	Gavin	Milnthorpe		E	22	22	52	58	28	33	1	43	53	
77	14	107	simon	kitching		I	25	41	51	14	28	32	1	45	27	
78	18	148	Michael	Roberts		F	24	38	51	13	29	47	1	45	38	
79	7	133	Andrew	Smith		E	23	24	56	3	26	41	1	46	8	
80	3	127	Kevin	Payne	Portsmouth Triathletes	D	24	51	53	44	28	10	1	46	45	
81	1	50	David	coley	Ipswich Triathlon Club	L	No Split		No Split		29	55	1	48	4	
82	1	48	martin	allum	St Edmund Pacers	K	24	12	59	29	26	49	1	50	30	
83	8	135	Adam	Coleman		E	25	1	53	58	32	23	1	51	22	
84	9	132	Elliot	Wells		E	25	22	54	9	31	52	1	51	23	
85	1	51	Gordon	Merfield	The Saxons	M	31	20	56	50	34	22	2	2	32	
86	1	52	Michael	Sommerlad	Great Bentley	P	32	54	58	17	37	44	2	8	55	
87	10	64	Anthony	Mills		G	30	50	1	2	43	36	43	2	10	16
DNF		160	Dean	Parker		F	27	35	Did Not Finish - Chain Broke							
DQ	DQ	141	James	Lewis	Kazakhstan Running Club	F	DQ - use of headphones									